

### super-charged salads & soups

all salads can be ordered vegetarian and/or gluten free; they're perfect for sharing or large enough to be enjoyed as entrées

#### cantaloupe soup with toasted almonds and crispy prosciutto

gluten free, dairy free and vegan cantaloupe soup, with toasted almonds and crispy prosciutto on the side

### moroccan tomato soup

tomato soup, mild spices. housemade roasted garlic sea salt twist. Vegan and dairy-free

### mom's new beef stew

grass-fed lean beef, mushrooms, onions, carrots, sweet potato cubes, thyme-garlic laced beef broth

## grilled salmon chipotle salad

wild-caught salmon, mixed greens, fresh corn, black beans, bell peppers, pico de gallo, "unfried" tortilla, housemade chipotle dressing

# thai beef papaya chopped salad

mixed greens, cucumber, papaya, red onion, Thai lime dressing, topped with grass fed filet mignon

#### superior starters

starters are perfect for sharing or large enough to be enjoyed as entrées

### bbg chicken flatbread pizza

large whole wheat crisped lavash, free-range grilled chicken, natural bbq sauce, goat cheese, red onion and cilantro

#### 'buff'-alo chicken wing pizza

whole wheat lavash, mild buffalo sauce, tomatoes, free-range grilled chicken breast, blue cheese and red onion slivers

## chicken satay with peanut dipping sauce

skewers of free-range grilled chicken with a creamy peanut sauce served with a large side of marinated cucumbers

## energizing entrées

all entrées are under 500 calories

#### grilled chicken enchiladas

free-range grilled chicken breast, light cheddar, cilantro, black olives, soft corn tortillas, enchilada sauces, light cheddar served with a mixed green salad with a housemade salsa-lime vinaigrette topped with queso fresco

### drippy ahi tacos

fresh wild-caught sashimi-style ahi tuna with avocado topped with a refreshing lime slaw

#### meatball marinara plate

skewers of free-range beef meatballs in marinara sauce, mixed green salad, basil balsamic vinaigrette, roasted garlic sea salt roll

### cowboy rubbed beef tenderloin

6 oz of grass-fed, beef tenderloin, housemade rub served with sweet potato "chips" and balsamic roasted asparagus

### devinly<sup>™</sup> decadent desserts

all desserts are free of artificial sweeteners!

#### naked apple tart a la mode

organic apples sliced thinly and baked with a brown sugar, cinnamon and topped with a small scoop of light vanilla frozen yogurt

### devinly delites™ shot glass pumpkin cake

pumpkin cake in a slightly oversized shot glass topped with cream cheese frosting

# 150 calorie devinly delites™ gooey chocolate chocolate brownie

chocolate chip topped brownie that tastes shockingly fattening - a must-try for chocolate lovers

# dark chocolate flourless cake with chambord smashed raspberries

chocolate flourless espresso cake served with smashed raspberries laced with a hint of raspberry liqueur

gluten-free and vegetarian options available ask your waiter

calorie information based on preparation of standard recipes and may vary due to ordinary differences inherent in the preparation of menu items and seasonal and regional availability of ingredients.

consuming raw or undercooked meats, seafood, shelfish, eggs, milk or poultry may increase your risk of foodborne illness, especially if you have certain medical conditions, please inform you water if you have any food alterges or detary needs. Royal Carebean International palleys are not food alterges free environments.